



Stress Relief Planner

5-4-3-2-1 GROUNDING EXERCISE
When you feel overwhelmed, try this exercise to bring your mind back to the present moment. It helps to reduce anxiety and improve focus.

5: Look around you. Name 5 things you can see.

4: Touch 4 different objects.

3: Listen for 3 different sounds.

2: Smell 2 different scents.

1: Taste 1 different flavor.

BREATHERS
Take a deep breath in through your nose for 4 seconds, hold it for 7 seconds, and exhale through your mouth for 8 seconds. Repeat 5 times.

DEEP BREATHING EXERCISE
Place one hand on your chest and the other on your belly. Inhale deeply through your nose, feeling your belly rise. Exhale slowly through your mouth, feeling your belly fall. Repeat 10 times.

PROGRESSIVE MUSCLE RELAXATION
Tense each muscle group for 5 seconds, then relax it for 10 seconds. Start with your feet and work your way up to your head.

TRANSFORMING NEGATIVE THOUGHTS
Identify a negative thought, challenge it, and replace it with a more positive one. Write down the thought and the replacement.

10-10-10 EXERCISE
Think of 10 things you are grateful for, 10 things you love about yourself, and 10 things you are proud of.

WALKING MEDITATION
Take a walk outdoors and focus on the sensations of your feet hitting the ground, the air on your skin, and the sounds around you.

DIY AROMATHERAPY
Create your own essential oil blend using natural ingredients like lavender, eucalyptus, and lemon.

DIY MASSAGE OIL
Mix carrier oil with essential oils to create a soothing massage oil for your back, neck, and shoulders.

DIY STRESS BALL
Create a stress ball using a sock, rice, and a rubber band to help relieve tension.

DIY HERBAL TEA
Blend dried herbs like chamomile, lavender, and lemon balm to create a calming herbal tea.

DIY STRESS RELIEF CANDLE
Melt wax and add essential oils like lavender and vanilla to create a stress-relieving candle.

DIY STRESS RELIEF SOAP
Add essential oils to your soap recipe to create a stress-relieving soap for your hands.

DIY STRESS RELIEF BATH
Add essential oils and Epsom salts to your bathwater for a relaxing and stress-relieving soak.

DIY STRESS RELIEF MASK
Create a soothing face mask using natural ingredients like honey, yogurt, and oatmeal.

DIY STRESS RELIEF SCRUB
Use natural exfoliants like sugar and coconut oil to create a stress-relieving body scrub.

DIY STRESS RELIEF LOTION
Mix carrier oil with essential oils to create a soothing stress-relieving lotion for your skin.

DIY STRESS RELIEF BALM
Combine essential oils with a carrier oil to create a stress-relieving balm for your neck and shoulders.

DIY STRESS RELIEF OIL
Blend essential oils with a carrier oil to create a stress-relieving oil for your hair and scalp.

DIY STRESS RELIEF POWDER
Mix essential oils with a carrier powder to create a stress-relieving powder for your face.

DIY STRESS RELIEF GEL
Combine essential oils with a carrier gel to create a stress-relieving gel for your skin.

DIY STRESS RELIEF CREAM
Mix essential oils with a carrier cream to create a stress-relieving cream for your face.

DIY STRESS RELIEF BUTTER
Combine essential oils with a carrier butter to create a stress-relieving butter for your skin.

Planner Stress Relief

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